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## **Sen. Laura Toy, Michigan Public Health Institute bring ‘Better Bones, Brighter Futures’ program to 6th District**

**LANSING** – Residents of Garden City, Livonia, Redford Township and Westland can learn about osteoporosis and bone health through the “Better Bones, Brighter Futures” program, said state Sen. Laura M. Toy, 6th District, and the Michigan Public Health Institute.

“Osteoporosis and other bone diseases are becoming alarmingly prevalent in our state, particularly among our senior population, and they have serious health consequences,” said Sen. Toy, who chairs the Senate Committee on Senior Citizens and Veterans Affairs. “Yet osteoporosis is largely preventable. That is why education is so important.”

The program will be held at 11 a.m., Friday, June 30 at the Westland Friendship Center located at 1119 Newburgh Road, just south of Ford Road.

“This is an opportunity for people to learn about the risk factors for osteoporosis as well as the steps they can take to promote healthy bones,” Sen. Toy said. “I want to thank the Michigan Public Health Institute and Dr. David Bauer and his team at Bone Density Specialists for helping to bring the Better Bones, Brighter Futures presentation to our community.”

It is estimated that more than a quarter of a million women and more than 80,000 men in Michigan suffer from osteoporosis, a degenerative bone disease.

Another 1.1 million men and women in the state are estimated to have osteopenia, which is associated with having lower than normal bone mineral density, but is not as severe as osteoporosis.

Bone screenings will also take place starting at 9 a.m. Westland residents interested in scheduling a screening should inquire at the Friendship Center.

The Michigan Public Health Institute is a non-profit institute that works with businesses, foundations, state agencies, academia and community organizations. They bring researchers, policy makers and community members together in the spirit of cooperation to try to solve community problems.

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